

WHAT IS CLAIMED IS:

1. A food additive in a granulate form, the food additive comprising:
a plant natural product having a spherical surface; and
a coating on the plant natural product, the coating comprising at least one of lecithin and a lecithin derivative.
2. The food additive according to claim 1, wherein the lecithin is present in an amount greater than about 50 percent by weight of the coating.
3. The food additive according to claim 2, wherein the lecithin is present in an amount of at least about 70 percent by weight of the coating.
4. The food additive according to claim 1, wherein the plant natural product comprises a seed.
5. The food additive according to claim 2, wherein the plant natural product comprises a seed.
6. The food additive according to claim 5, wherein the seed comprises a poppy seed, a rape seed, a flax seed, a mustard seed or a millet seed.
7. The food additive according to claim 1, wherein the lecithin derivative comprises phosphatidyl serine.
8. The food additive according to claim 1, wherein the coating further comprises at least one of a vitamin, a flavoring agent, a trace element, a pharmaceutical active substance and a pharmaceutical active components.
9. The food additive according to claim 1, wherein the coating further

comprises a plurality of layers.

10. The food additive according to claim 1, wherein the coating has a constant layer thickness.

11. The food additive according to claim 1, further comprising a protective layer on the coating.

12. The food additive according to claim 11, wherein the protective layer comprises a film or a wax.

13. The food additive according to claim 1, wherein the weight of the coating is greater than the weight of the plant natural product.